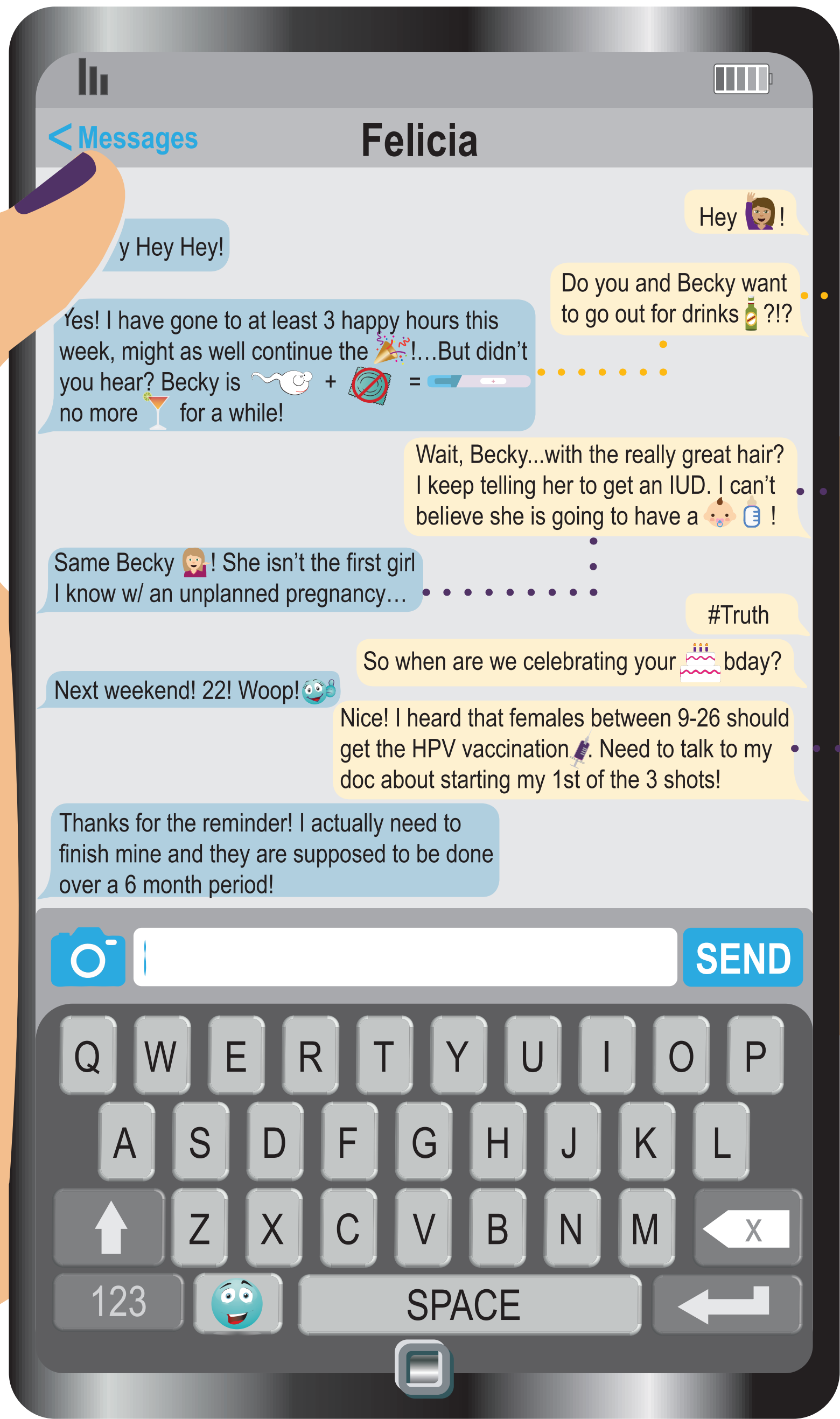




Get the Message on Women's Health

"Women who seek to be like men lack ambition"
- Marilyn Monroe



Keeping Up With the Boys?



Women's drinking patterns differ from men's and their bodies react differently. Pound for pound, women have less water in their bodies than men do. Hormonal differences also matter.¹

In 2015, **85%** of active duty female Marines and **88%** of active duty female Sailors reported **responsible drinking habits**.²

Planning on getting pregnant in the next 12 months?



4 of 10 Navy enlisted women say her last pregnancy while in the Navy was planned.³

If not, choose the most reliable birth control option that works for you...

About 4 in 5 Navy and Marine Corps women say she is NOT at current risk of an unplanned pregnancy.²

Women should not drink **> 7 DRINKS PER WEEK**



Have you started? Have you finished?

3 doses of the HPV vaccine (Gardasil HPV9) given to females aged 9-26 over a **six-month period** protect against the types of HPV that cause **90% of genital warts and 90% of cervical cancers**.⁵



IUDs and the hormonal implant are **20x MORE RELIABLE** than birth control pills.⁴



Do you know your women's health screening schedule?

- ☒ Annual chlamydia test every year for women up to age 24.⁶
- ☒ Breast mammography test every 2 years starting at age 50.⁷
- ☒ Cervical cancer screening (Pap test) at least every 3 years starting age 21-65⁸

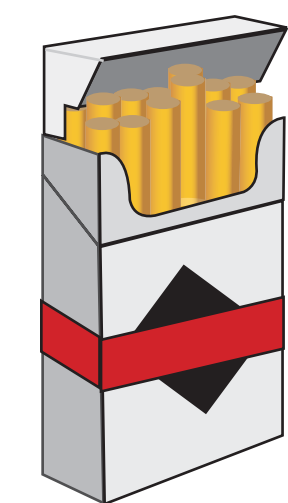


More Than **170,000** American Women



DID YOU KNOW?

81% of active duty Marine Corps women & **83%** of active duty Navy women report **NOT** smoking:



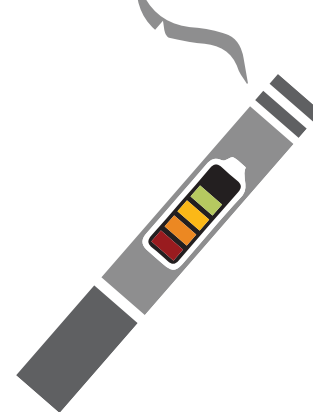
Cigarettes



Cigars



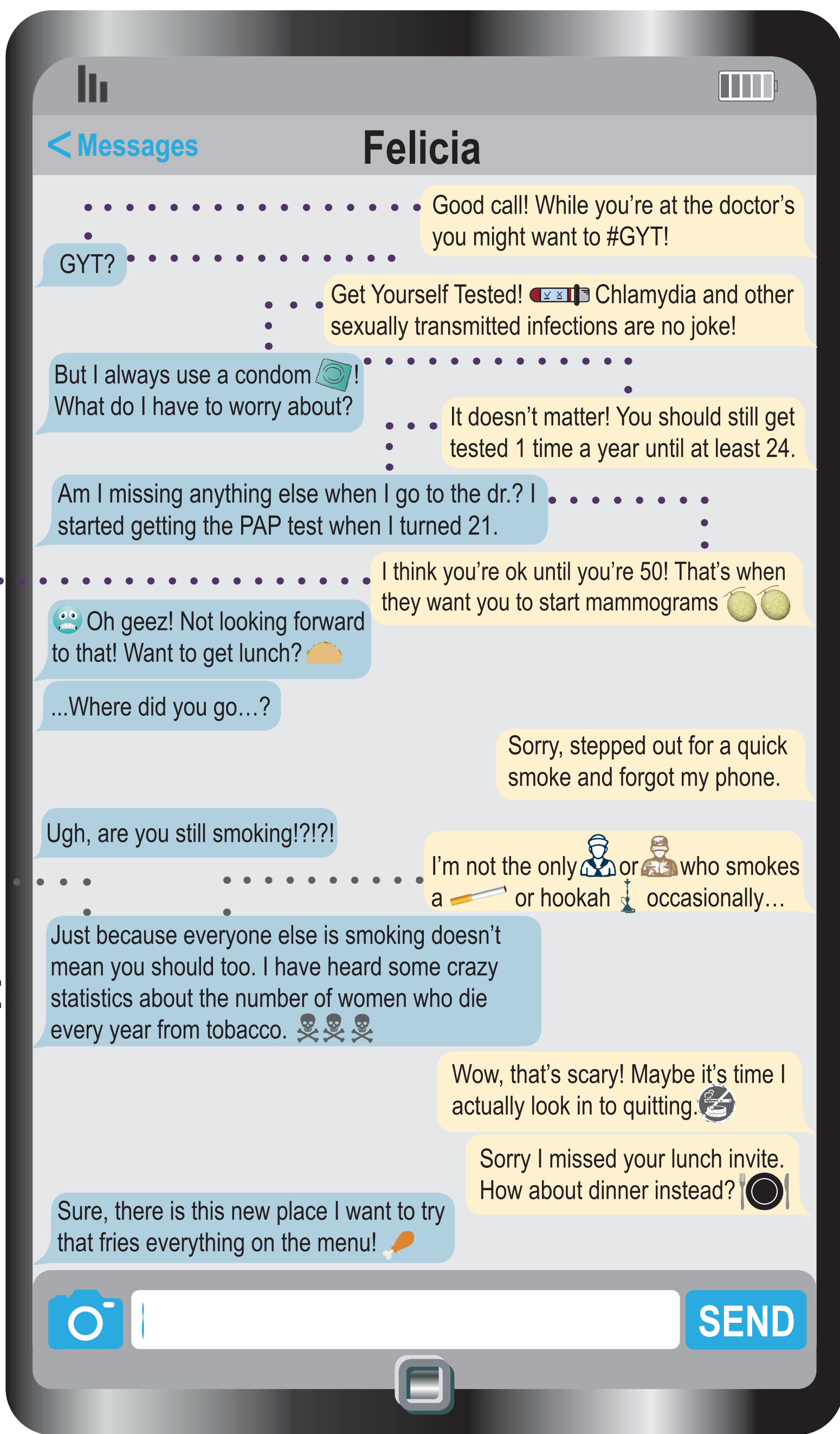
Pipes



E-Cigs



Hookah²



Eat Fruits and Veggies



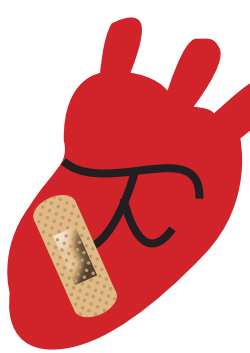
A lifetime of healthy eating helps to prevent chronic diseases like:



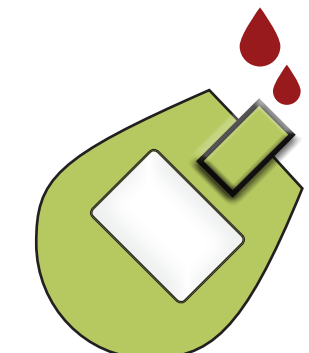
Obesity



High Blood Pressure



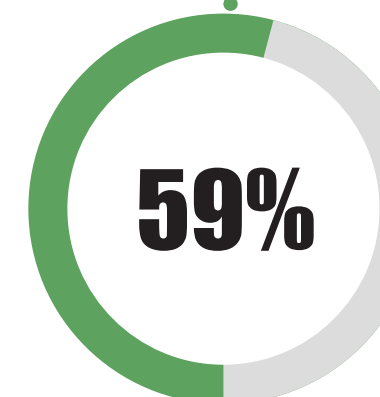
Heart Disease



Type 2 Diabetes

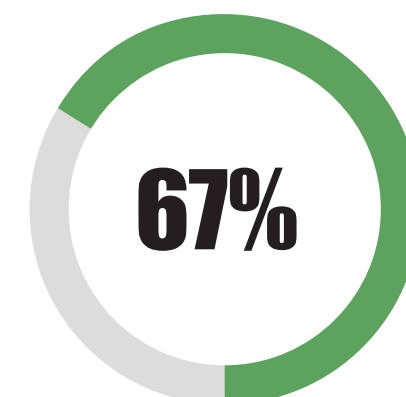
Are You Active ENOUGH?

Get at least **150** minutes of **moderate intensity** or **75** minutes of **vigorous intensity** of aerobic activity each week!



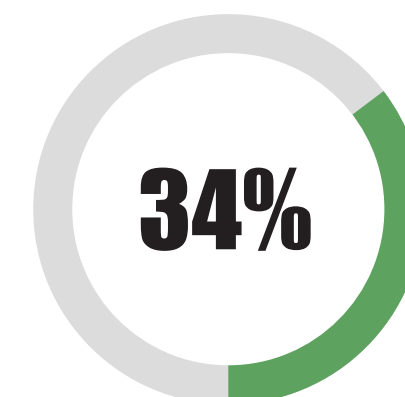
of active duty Marine Corps women

eat **MORE THAN 2 servings of** fruits and veggies **daily**.²



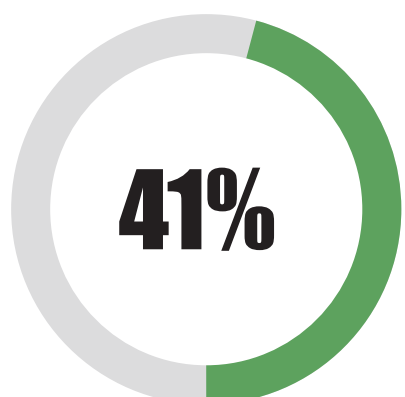
of active duty Navy women

eat **MORE THAN 2 servings of** fruits and veggies **daily**.²



of active duty Marine Corps women

eat **MORE THAN 3 servings of** fruits and veggies **daily**.²



of active duty Navy women

For more information, visit the [HPW Women's Health Toolbox](#):



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

[Get the Message on Women's Health Infographic - References](#)